

***Methods for Reducing
Tobacco Harm***

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Methods for Reducing Tobacco Harm

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Topics Covered

- Methods and products for reduced smoking
- Key issues
- Current research
- Gaps and future research directions

Methods for Harm Reduction

- Reduced smoking
 - Pharmaceuticals
 - Behavioral methods
 - Policies
- Situational use of products
- Long term use of nicotine replacement products

Key Issues Addressed by Existing Research

- Can smoking be reduced?
- To what extent can smoking be reduced?
- Is reduction in smoking related to reduction in tobacco toxin exposure and disease?
- Can reduction in smoking deter or facilitate abstinence?
- Can reduction be sustained?

Existing Research: Pharmaceutics

- Nicotine replacement therapies
- Bupropion SR
- Nicotine agonist/antagonist
- Altering nicotine metabolism

Existing Research: Pharmaceutics

- Pharmaceutical agents **can effectively reduce** number of cigarettes. However, partial compensatory smoking may occur.
- Reduced smoking **may lead to reduced exposure** to toxins and risk for disease.

Existing Research: Pharmaceutics

- Pharmaceutical agents **can sustain reduction** in smoking, however the percent of individuals who maintain long term reduction is unknown.
- Harm reduction applications **do not** appear to **deter abstinence**. ?

Existing Research: Behavioral

- Reduce number of cigarettes
 - scheduled
 - situation specific smoking
- Change smoking behaviors
 - reduce depth of inhalation
 - smoke fewer puffs
 - smoke less of each cigarette

Existing Research: Behavioral

- Reduce yield of cigarette
- Change from smoking to smokeless tobacco
- Interventions aimed at cessation

Existing Research: Behavioral

- Behavioral approaches **can reduce** the number of cigarettes smoked.
- Behavioral treatments may lead to **sustained cigarette reduction**.
- Behavioral treatments do **not deter abstinence**.

Existing Research: Other

- Reduced smoking prior to quit may lead to **higher abstinence rates**.
- Some **unsuccessful quitters reduce** their smoking.

Existing Research: Policies

Reduced frequency of smoking has been observed with:

- Smoking restrictions
- Increased taxation
- Comprehensive tobacco control programs

Future Research Questions

- Is cutting down the amount of tobacco use a feasible and viable strategy for tobacco control?
 - To what extent must reduction occur to obtain health benefits?
 - Can tobacco users attain and sustain this reduction?
 - Should harm reduction approaches only be linked with cessation?

Future Research Questions

- What is the cost-benefit of this approach?
- Are consumers or payors willing to pay?

Future Research Questions

- How can we improve on methods to reduce tobacco consumption?
 - Novel pharmacological approaches
 - Novel behavioral approaches
 - Combination treatments
 - Tobacco user x treatment interactions

Future Research Questions

- How do we educate consumers and health care providers about harm reduction approaches?
 - When and in what context should a harm reduction approach be offered?
 - Who should receive a harm reduction message?
 - How should a harm reduction approach be framed to maximize eventual abstinence?

Future Research Questions

- What are the effects on population based prevention and cessation effort?
- What policies can help reduce amount of tobacco use per consumer?

Conclusions

- Abstinence is the ultimate goal in existing tobacco users.
- Harm reduction should not undermine prevention or cessation.
- Harm reduction methods to reduce tobacco use should be explored.
- Research is necessary before harm reduction methods can be fully endorsed.
